



# THE CONNECTION

## NEWSLETTER

LINKING HEALTH AGENCIES AND COMMUNITY ORGANIZATIONS THAT WORK WITH MINORITIES IN UTAH

November 2008 Issue # 29

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### UTAH HEALTH REFORMER JUDI HILMAN ONE OF TEN AMERICANS CHOSEN TO RECEIVE NATIONAL AWARD FOR IMPROVING LOCAL HEALTH CONDITIONS

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The Robert Wood Johnson Foundation awarded Judi Hilman, a fixture in the Utah health reform debate, health policy expert and author of numerous health care advocacy publications, as one of ten exemplary Americans who will receive the Community Health Leaders Award for 2008. The distinguished annual award honors extraordinary men and women from all over the country who conquer huge obstacles and take commanding action in local communities to tackle some of the most challenging health care problems facing the nation. Awardees are celebrated with national recognition and \$125,000. This year, more than 800 nominations were submitted from across the United States. Through a rigorous process, the Foundation selected ten outstanding individuals, all of whom have worked to improve health conditions in their communities with exceptional creativity, courage and commitment. The Foundation chose Judi this year for leading the Utah Health Policy Project (UHPP) in its efforts to obtain quality, affordable and comprehensive health care coverage for all Utah residents.

"Judi Hilman exhibits outstanding courage, determination and extraordinary empathy on behalf of individuals and families least able to understand or navigate a system with Machiavellian complexity," said Janice Ford Griffin, national program director for the award. "She is fearless and relentless in persuading policymakers to understand the consequences of their actions and that their opportunities to improve access to quality health care will improve the quality of life for the entire state."

Judi co-founded UHPP in 2006 as a direct response to startling statistics showing that nearly 400,000 Utah residents live without health insurance of any kind. She aggressively works for a health care system in Utah that provides medically necessary care to every resident of the state. Core uninsured communities affected by her advocacy are low-income and medically underserved residents, including Medicaid and CHIP (Children's Health Insurance Program) enrollees, and members of Utah's growing ethnic minority populations.

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## JUDI HILMAN AWARD (CONT)

Judi's dedication has been key to victories in UHPP's efforts to develop systemic solutions to Utah health care crisis including:

- Restoring eligibility and medically necessary Medicaid services for thousands of low-income adults;
- Passing Senate Bill 42, which implemented a Preferred Drug List in the state's Medicaid program and established a mechanism to reinvest savings in improving access to care;
- Helping to reopen and fully fund CHIP to serve 12,000 uninsured children annually;
- Helping to reopen the Office of Minority Health (Center for Multicultural Health) at the Utah Department of Health ;
- Helping to establish the Multicultural Health Network of Utah, a public-private partnership to eliminate racial/ethnic health disparities throughout Utah; and
- Modifying and passing HB133 (Health System Reform), launching a health system reform process in Utah.

"What an incredible honor it is to receive this award and what exquisite timing, considering that so many of our issues are coming to a head this year," said Judi. "We formed the UHPP to solve the health care crisis, a tall order in any state but especially in Utah. To have the backing and recognition of the Robert Wood Johnson Foundation is something for which we are extremely grateful. We plan to live up to this extraordinary honor."

Under Judi's leadership, UHPP has achieved success in selling the importance of health system reform to legislators in one of the most conservative states in the nation. In an environment where the vast majority of state legislators have no first-hand experience with poverty, Judi has managed to draw lawmakers' attention to the personal health ills and dire health insurance needs of Utah's most vulnerable residents.

The Center for Multicultural Health would like to congratulate Judi for this award. In addition, we would like to thank Judi for all the support received from her, and for all her work towards the elimination of racial/ethnic health disparities in Utah.

Judi and each of the 2008 awardees will join the ranks of 153 Community Health Leaders in 45 states and Puerto Rico honored since 1993. The \$125,000 award consists of a \$20,000 personal gift and \$105,000 to support their work. In addition to Judi in Utah, this year, Community Health Leaders hail from Minnesota, Pennsylvania, Alabama, North Dakota, California, Massachusetts, New York and Hawaii.

Nominations for the 2009 Community Health Leaders Award can be submitted through November 7, 2008. For details on how to submit a nomination, including eligibility requirements and selection criteria, visit [www.communityhealthleaders.org](http://www.communityhealthleaders.org)



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## 2008-2009 INFLUENZA VACCINE AVAILABLE

Beginning with the 2008-2009 influenza season, all children ages 6 months through 18 years should be vaccinated against influenza annually. Previous recommendations focused on children up to five years of age.

Public health officials say influenza can have significant impacts among school-aged children and their contacts (e.g., school absenteeism, increased antibiotic use, medical care visits, and parental work loss). Broadening the recommended age ranges for child vaccination will greatly improve coverage levels and reduce illness.

Two types of influenza vaccine are available: injectable (flu shot) and the nasal spray (FluMist). FluMist is recommended for healthy, non-pregnant individuals two to 49 years of age. Both types of influenza vaccine contain three new virus strains (*A/Brisbane/59/2007 (H1N1)-like*, *A/Brisbane/10/2007 (H3N2)-like*, and *B/Florida/4/2006-like*) that are responsible for the majority of influenza illnesses this season. Individuals should check with their health care provider to determine which vaccine is best for them.

The Utah Department of Health (UDOH) encourages vaccination for anyone who wants to reduce the risk of getting the flu or spreading it to others. Vaccination should continue throughout the influenza season, from October until May.

While all individuals may receive the vaccine, the UDOH and CDC encourage vaccination to the following high-risk groups: the elderly, young children, health care workers, immuno-compromised individuals, residents in long-term care facilities, pregnant women, those who live in households with high-risk individuals, and those with kidney, lung or heart disease.

Vaccination is particularly important for breastfeeding and pregnant women," says Lynn Martinez with the UDOH Pregnancy Risk Line. "They are at higher risk for developing complications from influenza and also have contact with infants and children under five years of age, who are more likely to require medical care or hospitalization if infected," she added. The CDC and the American College of Obstetricians and Gynecologists recommends all pregnant women or women who will be pregnant during influenza season receive the inactivated influenza vaccine, not the live virus vaccine. Breastfeeding women may receive either the live virus vaccine or the inactivated influenza vaccine.

Utah influenza information and weekly seasonal influenza activity updates are available every Wednesday at 1:00 p.m. on the UDOH Influenza Web page at [www.health.utah.gov/flu](http://www.health.utah.gov/flu).

To find an influenza vaccination clinic in Utah, visit the Flu Clinic Locator at [www.immunize-utah.org](http://www.immunize-utah.org) or call the Utah Immunization Hotline at 1-800-275-0659.



## TOOLS FOCUS ON PHYSICAL ACTIVITY AND HEALTHY EATING FOR RURAL YOUNG AND ADULT WOMEN

The Bright Futures for Women's Health and Wellness Initiative has announced the release of new physical activity and healthy eating tools adapted to meet the needs of rural young and adult women. The tools, produced by the Health Resources and Services Administration's Office of Women's Health, are available from the MCH Library Web site as follows:

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### \* **My Bright Future: Physical Activity and Healthy Eating for Adult Women.**

This guide is designed to encourage adult women living in rural areas to increase current levels of physical activity, healthy eating, and communication with their health professionals to set goals for behavioral changes. The guide is available at

[http://www.mchlibrary.info/BFWHW/BFWHW\\_Rural\\_Adult\\_Womens\\_Book.pdf](http://www.mchlibrary.info/BFWHW/BFWHW_Rural_Adult_Womens_Book.pdf)

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### \* **Bright Futures for Women's Health and Wellness Tip Sheets.**

As a companion to the online guide, this set of 10 tip sheets, which has been adapted to meet the needs of adult women in rural areas, expands on the topics in the Physical Activity and Healthy Eating guide (described above) and provides practical information, ideas, and activities to help women adopt healthy behaviors to reach their goals.

The tips sheets are available at

[http://www.mchlibrary.info/BFWHW/BFWHW\\_Rural\\_Adult\\_Women's\\_Tipsheets.pdf](http://www.mchlibrary.info/BFWHW/BFWHW_Rural_Adult_Women's_Tipsheets.pdf)

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### \* **My Bright Future: Physical Activity and Healthy Eating for Young Women.**

This guide is designed to encourage young women living in rural areas to increase current levels of physical activity, healthy eating, and communication with their health professionals to set goals for behavioral changes.

The guide is available at

[http://www.mchlibrary.info/BFWHW/BFWHW\\_Rural\\_Young\\_Womens\\_Book.pdf](http://www.mchlibrary.info/BFWHW/BFWHW_Rural_Young_Womens_Book.pdf)

### \* **Building Strong Bones for My Bright Future.**

This bookmark serves as a companion to the online guide and provides a healthy recipe to try. The bookmark is available at

[http://www.mchlibrary.info/BFWHW/BFWHW\\_Rural\\_Young\\_Womens\\_bookmark.pdf](http://www.mchlibrary.info/BFWHW/BFWHW_Rural_Young_Womens_bookmark.pdf)



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**Salt Lake County Aging Services** is the division of county government responsible for providing programs and services to the more than 124,000 seniors living in Salt Lake County

## THE NUTRITION PROGRAM "MEALS ON WHEELS"

The Nutrition Program (or Meals on Wheels) delivers hot, noon meals to frail, homebound, and isolated older adults Monday through Saturday. The meals are provided to seniors who are physically or cognitively unable to prepare their own meals and without family or other resources to help with meal preparation. The meals provide 1/3 of the USDA recommended daily nutritional allowance. Special diets (diabetic, bland, strict sodium, cut meat, pureed) are available upon request. Each home delivered meal applicant is assessed to determine eligibility and any other services needed to assist the individual in living as independently as possible.

Often, the only regular contact many of these customers have with other people is their meal driver. Through this regular contact, problem situations are detected and referred to other agency or community resources thus averting a crisis situation. More than any other Aging Services program, the Meals on Wheels Program is feeling the impact of an increasing older and frailer population. In January 1987, the program averaged 424 meals served a day; by August, 2008, the number of meals served daily had grown to 1,092. This growth is due, in large part, to the increase in the 75+ population – those most likely to need help in order to remain independent and continue living at home. The program has been able to cope with this growth through the expanded use of volunteers to assist with meal delivery. In 2007, 48.5% of all meals were delivered by volunteers; this rate was 44.2% in August, 2008.

Eligible customers must be 60+ years old or a spouse of someone who is eligible, a resident of Salt Lake County, and homebound (unable to leave the home without physical assistance or supervision). Beyond these basic requirements, six levels of need exist for the service:

- **Acute:** Recently discharged from a health care facility, unable to prepare an adequate meal, no support system to provide an adequate meal, time on program is limited based on their rehabilitation potential.
- **Essential:** Customer is unable to prepare an adequate meal, is homebound, has no support in the home, MOW may be the customer's only meal.
- **Hardship:** Lives alone or with one caregiver, unable to prepare adequate meals, difficult for their support system to provide adequate meals, caregiver is responsible for providing support for two or more Activities of Daily Living, lacks adequate funds to purchase food, unable to attend a nutrition site because illness prohibits staying at the nutrition site for the required time.
- **Humane Exception:** Case worker can request approval from the Outreach Program Manager for customer they feel must receive Meals on Wheels due to humanitarian reasons.
- **Helpful:** Caregiving burden is shared by several caregivers in the community who help with Instrumental Activities of Daily Living, the caregiver provides some meals or the customer is capable of some meals preparation but the Case Worker sees indications of inadequate nutrition, transportation to nutrition site is unavailable, the caregivers have conflicting responsibilities (child care, work, spouse care).
- **Ineligible:** Not homebound, drives, able to attend a nutrition site, has an adult at home who can prepare meals, has a paid caregiver, employed, babysitting.

This program helps improve the nutritional well-being (the foundation of all health care) of the County's frail and homebound elderly population. It is a vital component in the system of services that enable these seniors to continue to remain independent and continue living in their own homes. The program also provides a 'gatekeeper' function by acting as the division's eyes and ears for monitoring this isolated segment of the population. The program saves taxpayer dollars by helping to provide preventative actions that assist customers in remaining in their own homes, rather than enter a nursing home. The program also serves as a cost effective alternative for frail, homebound and low income seniors who cannot afford a care center or assisted living facility. It provides an opportunity to mobilize community and corporate volunteers to assist in the delivery of meals each day. It helps ease stress among family members who are caring for a loved one thus reducing the risk for elder abuse.

For more information, call Salt Lake County Aging Services at (801) 468-2464.





## RESOURCES / PUBLICATIONS

### Center for Multicultural Health 2008 Legislative Report

[www.health.utah.gov/cmh/AboutCMH/2008CMHLegislativeReport.pdf](http://www.health.utah.gov/cmh/AboutCMH/2008CMHLegislativeReport.pdf)

### “Health and Wellness – Sunrise to Sunset”

A summary report of the American Indian/Alaska Native Conference that took place last September in Layton, Utah.

### New Book on Telephone Interpreting Released

This book provides an in-depth view into the world of telephone interpreting. The first major publication on the topic, this book offers extensive information for anyone involved with interpreting services.

About the Book

While it maybe a new concept for many readers, telephone interpreting has been successfully used to enable speakers of different languages to communicate for more than three decades. With time, the field has evolved to ensure that high levels of quality can be obtained, both in terms of connectivity and quality of interpretation. However, in spite of its 30-year history and widespread use throughout the world, very little has been written about telephone interpreting. In this, the first book devoted entirely to the subject, the author provides readers with long-awaited transparency and insight into the field, in order to promote the highest possible standards of quality. The publication serves as a practical guide for interpreters, a resource for educators, a reference text for researchers and a comprehensive handbook for consumers of interpreting services everywhere.

<http://www.trafford.com/08-1015>

### Addressing Latino HIV/AIDS: Latino Perspectives and Policy Recommendations

The National Alliance of State and Territorial AIDS Directors (NASTAD) recently released its latest Call to Action: [¡Adelante! Strengthening the Response to HIV/AIDS and Viral Hepatitis in Latino Communities.](#)

The Call to Action addresses the unique challenges affecting HIV and viral hepatitis in Latino communities and offers recommendations to confront this public health crisis.

**[Addressing Latino HIV/AIDS: Latino Perspectives and Policy Recommendations,](#)** With this Call to Action, NASTAD reaffirms its commitment to providing a comprehensive approach to addressing health disparities among Latino communities and urges health departments, national organizations, federal partners, and key community-based organizations and leaders to scale up efforts to fight the HIV/AIDS and viral hepatitis epidemics in Latino communities. The Call to Action provides a clear understanding of the complex factors that contribute to increased rates of HIV and viral hepatitis in Latino communities and recommends targeted and tailored efforts that respond to these critical challenges.

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## TRAININGS / HEALTH FAIRS

### Alliance Community Services Offers Free Educational Programs

- Breast and Cervical Cancer Education Program: Presentations in English and Spanish. For more information call Margarita (718-0674) or Susana (706-2528)
- Arthritis Self-Help Course in Spanish: For more information call Olga 512-5233
- "Triunfadoras" Hispanic Breast Cancer Support Group: For more information call 359-8922, 569-2167
- Diabetes Self Management Education in Spanish: For more information call Olga 512-5233
- Hepatitis Support Group: For more information call Susana 706-252

### Free HIV Instructor Training Course

**November 10**, Salt Lake City

Attendants must be bilinguals (English/Spanish)

For more information contact Ulysses Ramirez at the Red Cross at 801-323-7011 or at

[URamirez@utahredcross.org](mailto:URamirez@utahredcross.org)

### Indian Walk-In Center Health Fair

**November 14**, 9:00am-6:00 pm

- Exercise Demonstrations
  - Massage
  - Screenings: A1C, Glucose, Blood Pressure, Body Mass Index, Dental, Foot checks, Eye checks, Mental Health, Kidney Screenings ( must call 1-800-869-5277 for appointment before day of fair)
  - Immunizations: (Bring Certificate of Indian Blood and immunization card) **From 4 to 6 PM**: Flu vaccines, Pneumonia, Gardasil.
- Contact: Toni Williams 801-486-4877 ext. 25

### Low-cost A1C testing

#### Locations (Smith's Pharmacies)

455 South 500 East, Salt Lake City (Spanish speakers available in this site)  
3215 South Valley Street (3300 E), Salt Lake City  
1820 West 9000 South, West Jordan ( Spanish speakers available in this site)  
2039 East 9400 South, Sandy

#### Times:

Thursday, Nov. 13, 4 p.m. to 8 p.m.  
Friday, Nov. 14, 4 p.m. to 8 p.m.  
Saturday, Nov. 15, 10 a.m. to 2 p.m.

All participants must be 18 years of age or older and be previously diagnosed with diabetes. Cost: \$5  
To know more about A1C test go to <http://labtestsonline.org/understanding/analytes/a1c/test.html>

### Scenic View Health Fair

Scenic View Academy, an educational facility for adult males with learning disabilities, is organizing a health fair for their clients and teenagers at Heritage Schools, a residential behavioral treatment facility, for **November 13th** from 8 am to noon at their facility at 5455 North River Run Drive in Provo.

They would like to invite any interested organizations to come and provide booths with health information, health screenings or information on general community resources that would be beneficial for these populations. Tables will be provided. If your organization is interested in participating please contact Andrea Jorgensen at 342-3467 or [ajorgensen@svacademy.org](mailto:ajorgensen@svacademy.org)



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## CONFERENCES / EVENTS

### Health Education Association of Utah conference

**November 13**, 9:00 am-12:00 pm

Health and Justice Building, Provo

More information: <http://www.heau.org/announcements.php?id=6>

### 8th Annual Utah County Special Needs Conference, "Caring For The Caregiver"

The Utah County Special Needs Conference, planned by and for parents of children with special needs of all ages, will take place this year on **November 13th** from 5 pm to 8:30 pm at Mountain View High School. Registration is \$10 for an individual, \$15 for couples and includes dinner and free respite care and child care for siblings with pre-registration. Click here for [general registration](#), click here to [register for respite care](#) (for your child with disabilities) and click here to [register for sibling care](#) - don't forget you have to register for respite care and sibling care before the conference! For more information email [mariaw@utahparentcenter.org](mailto:mariaw@utahparentcenter.org) or call Jodi at 801-455-7369.

On Friday, **November 21** from 7PM-9PM, South Valley Sanctuary, a domestic violence shelter in West Jordan, Utah, will host a Holiday Concert at *La Caille* restaurant, featuring Best Selling LDS Musical Artist, Hilary Weeks. Tickets for the formal dinner and concert are available for \$100 and can be purchased at [www.southvalleysanctuary.com](http://www.southvalleysanctuary.com)

. All proceeds will benefit domestic violence shelter programs. For more information, contact Heather at 801-255-1095.

### 9th Annual Suicide Prevention Conference "Take a Stand Lend a Hand Suicide & Bullying are not an Option"

December 5<sup>th</sup> 2008

Brigham Young University Conference Center, 770 E University Parkway, Provo, UT

Register early :Deadline November 24<sup>th</sup>

Register on-line

<https://www.solutionwhere.com/provo/cw/showconference.asp?664>

You will receive confirmation via email.

To cancel a reservation call: Cathy at 374-4802 or Email: [cathyb@provo.edu](mailto:cathyb@provo.edu)

No refunds on cancellations after November 24<sup>th</sup>

**UNIVISION (Ch 50)** in partnership with "Entre Latinos program" will be showing the movie "**Por el Bien de los Suyos**" this **Saturday November 8th at 10:00 a.m.**

This feature was produced by Mr. Mike Arnow from Center for Educational Programming in collaboration with the Utah Labor Commission- and it has received tremendous support from our community since its release last month. This short movie focuses on educating individuals about workplace safety and how to keep themselves safe.



## WE WOULD LIKE TO HEAR FROM YOU

Please submit: feedback, suggestions, ideas, news, events or articles to: [ddiez@utah.gov](mailto:ddiez@utah.gov)



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[www.health.utah.gov/cmh](http://www.health.utah.gov/cmh)

### The Connection

**Production Editor:**  
Dulce A. Díez

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#### ABOUT THE CMH

The Center for Multicultural Health (CMH) is the Utah office of minority health. It is part of the Utah Department of Health, Division of Community and Family Health Services.

Our mission is to promote accessible and high-quality programs and policies that help all racial and ethnic minorities in Utah achieve optimal health. We accomplish our mission by increasing public and health professional awareness of persistent race/ethnic disparities and by developing effective health policies and culturally competent programs that lead to better access and utilization of quality health care services in Utah.

[www.health.utah.gov/cmh](http://www.health.utah.gov/cmh)

## MULTICULTURAL BROWN BAG SERIES (Organized by the Center for Multicultural Health)

### “Race: The Power of an Illusion”

This documentary will help viewers confront the confusions and misconceptions surrounding the concept of race.

It is an eye-opening tale on how the ideas we assume to be normal, even scientific, are actually shaped by our history, social institutions, and cultural beliefs.

#### - Episode I: “The Difference Between Us”

Excerpt: Examine the contemporary science, including genetics that challenges our assumptions about humans groups.

Duration: 45 minutes

Location: Utah Department of Health, room 125

Date: November 18 @ 2:00 pm

#### - Episode II: The Story We Tell

Excerpt: Explore the roots of the race concept, including the 19<sup>th</sup> century science that justified it and how it gained such a hold over our minds.

Duration: 45 minutes

Location: Utah Department of Health, room 125

Date: December 2 @ 1:00 pm

#### - Episode III: “The House We Live In”

Excerpt: Race exists not because of physical differences, but because of meanings, customs, and policies based on those differences.

Duration: 45 minutes

Location: Utah Department of Health, room 125

Date: December 16 @ 1:00 pm

These brown bags are free and open to the public.  
No registration required

For more events visit our calendar  
<http://my.calendars.net/multicultural>

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